

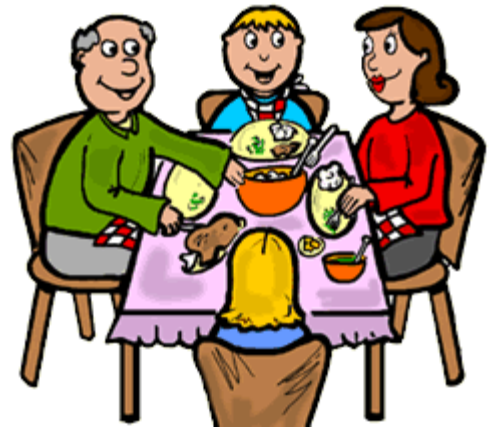
Eating Well with Children

Adults and children have different roles when it comes to eating.

Adults choose what foods to offer, when to offer them and where they will be eaten.

An adult's role includes:

- Sitting at the family table for meals and snacks. Removing cell phones and other electronics promotes family time and attention to appetite cues.
- Providing structured meals and snacks every 2 to 3 hours helps a child to understand when food will be served again. It also helps them to build an appetite between meals and snacks.
- Creating a positive eating environment for a child by avoiding pressure or bribery for a child to eat. This also allows a child to eat the right amount of food for their body.
- Having healthy food available. Children are more likely to eat well when healthy foods are available and when the rest of the family also eats these foods.



Children choose how much and whether they will eat.

A child's role includes:

- Deciding whether or not to eat based on their appetite.
- Eating the amount of food their bodies need to grow healthy and strong.